



BEST HOT CREEK YOGA PRACTICES

- Classes fill up fast, arrive early, enter or leave quietly, make room for others, inform instructors of any injuries or concern you have before class & remove shoes. Bring water, yoga mat recommended, towel and wear breathable clothing
 - We hope you enjoy the Hot Yoga experience, and when you enter the Hot Creek Studio, do so with an open heart and mind
 - Please be mindful of hygiene. Sweat is good, but please use extra towels and keep it on your own mat
 - If you are pregnant, have high blood pressure, heart disease or are diabetic, you should not practice Hot Yoga without consulting with your healthcare provider first
 - Please keep conversations before & after class to a minimum, and in quiet tones
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- All classes are held in the Fitness Studios or Pool unless otherwise noted
 - Cycling, Treadmill, and TRX classes require sign up due to limited equipment. Sign up begins 30 minutes prior to class at Front Desk
 - Classes close 15 minutes after scheduled start time

CS= Cycling Studio
GX = Group Exercise Studio

GROUP EXERCISE MAY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00-7:00 Ski Conditioning GX	5:45-6:45 Arms, Core & More GX	6:00-7:00 Functional Bootcamp GX	5:30-6:30 Cycling CS	5:45-6:45 Hot Yoga Sculpt HYS	7:45-8:45 Hot Yoga Sculpt HYS	8:35-9:35 Cycling CS
	6:00-7:00 Cycling CS	6:00-7:00 Yoga Sculpt MB	6:00-7:00 Cycling CS	6:00-7:00 Ballet Sculpt MB	6:00-7:00 Vinyasa Yoga I-III MB	8:30-9:45 Vinyasa Yoga II-III MB	8:30-9:30 Power Sculpt GX
	6:00-7:00 Hot Vinyasa HYS	6:10-7:10 CycleOM CS	6:00-7:00 Hot Vinyasa HYS	6:00-7:00 Tabata Combo GX	6:00-7:00 Ski Conditioning GX	8:35-9:35 Power Sculpt GX	
	7:15-8:15 Tai Chi MB	7:15-8:15 Hot Vinyasa HYS	6:00-7:00 Vinyasa Yoga I-III MB	6:00-7:00 Hot Hatha HYS	6:00-7:00 Cycling CS	8:30-9:30 Cycling CS	
	8:35-9:35 Pilates Mat MB	7:25-8:25 Yoga Basics MB	7:15-8:15 Taijifit MB	7:25-8:25 Yoga Basics MB	7:00-8:00 Hot Vinyasa HYS		
	8:45-9:15 Down & Gritty GX	8:00-8:45 TRX ES	7:15-8:15 Hot 26 HYS	8:00-8:45 TRX ES	7:15-8:15 Tai Chi Forms MB		
	8:35-9:35 Nia MB	8:35-9:35 Pilates Mat MB	8:35-9:35 Pilates Mat MB	8:30-9:20 POUND GX	8:35-9:35 Pilates Mat MB		
	8:35-9:20 Tabata Express GX	8:35-9:20 Tabata Express GX	8:45-9:30 Gentle Hatha Yoga MB	8:45-9:30 Gentle Hatha Yoga MB			
MID MORNING	9:00-10:00 Liquid Fit OP	9:00-10:00 Cycling CS	9:00-10:00 Aqua Kickbox OP	9:00-10:00 CycleOM CS	9:00-10:00 Liquid Fit OP	9:00-10:00 Liquid Fit IP	9:00-10:00 Liquid Fit OP
	9:15-10:15 Hot Yoga Sculpt HYS	9:00-10:00 Aqua Bamba OP	9:00-10:00 Tabata Combo GX	9:00-10:00 H2O Yoga IP	9:00-10:00 Cycle CS	9:00-10:00 Hot 26 HYS	9:00-10:00 Hot Yoga Sculpt HYS
	9:30-10:30 Punch Kick Athletics GX	9:30-10:30 BODYPUMP GX	9:15-10:15 Hot Yoga Sculpt HYS	9:30-10:30 BODYPUMP GX	9:00-10:00 Hot Vinyasa HYS	9:45-10:30 Functional Bootcamp GX	9:15-10:30 Restorative Yoga MB
	9:45-10:45 Vinyasa Yoga I-II MB	9:30-10:30 Hot Yoga Sculpt HYS	9:45-10:45 Hatha Yoga I-II MB	9:45-10:45 Ballet Sculpt MB	9:15-10:15 YAH Total Body Fusion GX	10:00-11:00 Nia MB	9:40-10:40 Step Revival GX
	10:45-11:45 Hot Ballet Sculpt HYS	9:45-10:45 Ballet Sculpt MB	10:00-11:00 Tai Chi GX	10:15-11:15 Hot Vinyasa Fusion HYS	9:45-10:45 Vinyasa I-III MB	10:15-11:15 Cycling CS	10:15-11:15 Hot Vinyasa HYS
	10:45-11:45 BODYPUMP GX	10:30-11:30 Treadmill Trekking CF	10:30-11:30 Hot Ballet Sculpt HYS	10:30-11:30 Treadmill Trekking CF	10:15-11:15 Hot Yoga Sculpt HYS	10:45-11:45 Afro Fusion GX	10:45-11:45 Pilates Mat MB
	11:00-12:00 Cardio Fit MB	10:45-11:45 Zumba GX	11:00-12:00 Stretch Therapy I-II MB	10:45-11:45 Zumba GX	10:30-11:30 Restore & Repair GX	11:00-12:00 Hot Vinyasa Fusion HYS	10:50-11:50 BODYPUMP GX
	10:45-11:45 Hot Vinyasa HYS	11:00-12:00 Essentrics GX	11:00-12:00 YAH Pilates Ball MB	11:00-12:00 Nia MB	11:15-12:15 Ballet Sculpt MB		
	11:00-11:45 Wellness Meditation MB						
AFTERNOON	12:00-1:00 Zumba GX	12:00-1:00 BODYPUMP GX	12:00-1:00 Hot 26 HYS	12:00-1:00 Cycling CS	12:00-1:00 CYCLE CS	12:00-1:00 BODYPUMP GX	12:00-1:00 Hot Ballet Sculpt HYS
	12:00-1:00 Cycling CS	12:00-1:00 Cycling CS	12:00-1:00 Cycling CS	12:00-1:00 Hot Vinyasa HYS	12:00-1:00 Hot 26 HYS	12:30-1:45 YAH Yoga Basics MB	12:00-1:00 Zumba GX
	12:00-1:00 Hot Vinyasa HYS	12:00-1:00 Hot Hatha HYS	12:00-1:00 Zumba GX	12:15-1:15 Gentle Hatha Yoga MB	12:00-1:00 BODYPUMP GX		12:00-1:00 Vinyasa Yoga I-III MB
	12:15-1:15 Gentle Hatha Yoga MB	12:15-1:15 Yin Yoga MB	12:15-1:15 Ballet Sculpt MB	1:15-2:15 Liquid Fit IP	12:15-1:15 Ballet Sculpt MB		1:15-2:15 Ballet Sculpt MB
	1:30-2:30 Essentrics MB	1:15-2:15 Liquid Fit IP					1:15-2:15 Afro Fusion GX
EVENING	4:00-5:00 Hatha Yoga I-II MB	4:00-5:30 Vinyasa/Nidra MB	4:00-5:30 Hatha Yoga I-III MB	4:00-5:00 Hatha Yoga I-II MB	4:00-5:00 Deep Healing Hatha MB	4:00-5:15 Align & Refine Yoga MB	4:00-5:30 Hot 26 HYS
	5:00-5:45 Tabata Express GX	4:30-5:00 Fast-n-Fit ES	5:00-5:45 TRX ES	4:30-5:00 Fast-n-Fit ES		4:00-5:30 Music Hot 26 HYS	4:00-5:00 Vinyasa Yoga I-III MB
	5:00-5:45 TRX ES	5:00-6:00 Hot Yoga Sculpt HYS	5:00-5:45 Hot Stretch Therapy HYS	4:45-5:45 Hot 26 HYS			5:00-6:00 Tai Chi Forms GX
	5:45-6:45 Ballet Sculpt MB	5:30-6:00 Down & Gritty GX	5:30-6:30 BODYPUMP GX	5:30-6:30 CycleOM CS			
	6:00-7:00 BODYPUMP GX	5:45-6:45 Pilates Mat MB	5:45-6:45 Cycle/Sculpt CS	5:45-6:45 Pilates Mat MB			
	6:00-7:00 CYCLING CS	6:00-7:00 CycleOM HYS	5:45-6:45 Vinyasa Yoga I-III MB	5:45-6:30 Tabata Express GX			
	6:00-7:00 Hot Vinyasa HYS	6:30-7:30 Aquabatta OP	6:00-7:00 Hot Vinyasa HYS	6:30-7:30 Aquabatta OP			
	7:00-8:00 POUND MB	6:45-7:15 Power Core MB	6:30-7:30 Zumba GX	6:45-7:45 Hot Vinyasa Fusion HYS			
		7:15-8:15 Afro Fusion Dance GX	7:15-8:15 Beginner Hot Vinyasa HYS				
		7:15-8:15 Hot Yoga Sculpt HYS					

CLASS DESCRIPTIONS

Afro Fusion: Fun, energetic, dance style, inspired by soulful African dance moves, hip hop, Latin, Jazz, yoga, and more! Get a killer workout & total body experience in this traditional dance formatted class.

Align and Refine Yoga: Go deeper in this class that will teach the actions and anatomy that allow you to find clear alignment in your yoga postures so that you can go deeper, feel better, and learn to progress into more advanced poses in a safe and fun way. Also included may be introduction to basic yoga philosophy, breathwork and mindfulness.

Arms, Core & More: This class will challenge your upper body, and strengthen your core using the plyometric method “jump training.” Your muscles will exert maximum force in short intervals of time to increase power, speed, and strength.

Aqua Bamba: Immerse yourself in a low impact workout that combines the amazing strength benefits of the Gymstick™ with the cardio benefits of dance. Come try it out!

Aquabatta: A Highly Intense Interval Training workout that uses :20/:10 timing to increase your heart rate. This class may or may not use equipment.

Aqua Kickbox: Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills. For all fitness levels.

Ballet Sculpt: This class is a Barre fusion class combining weight training, ballet, Pilates and orthopedic stretching

BODYPUMP®: Ultimate in group resistance training. This class will focus on low weight load, high repetition movement. Challenge all muscle groups, get into shape, and produce lean body muscle conditioning. All levels welcome.

Cardio Fit: A low impact class that incorporates cardio & strength training into one hour while improving your muscle tone, coordination and balance

CycleOM: A dynamic fat burning cycle workout combined with the beauty of our Hot Vinyasa style yoga. This 60-min workout starts in the Cycle Studio.

Cycling: Utilizes state-of-the-art Stages bikes for all fitness enthusiasts, recreational cyclists, or serious racers to improve cycling ability with hill climbs, sprints, tempo riding, and more!

Deep Healing Hatha Yoga: A slow practice of gentle, deep, healing postures combined with breath, creating a unity of body and spirit, culminating with deep rest, pranayama and visualization.

Down & Gritty: This 30-minute, high intensity, no equipment necessary workout, will take you to a whole new level!

Essentrics: This class is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.

Fast-n-Fit: 30-minute, high intensity class incorporating a BOSU to develop the core and stabilize muscles, while challenging strength, power, and endurance. (Low impact options available).

Functional Boot Camp: Expect to sweat and burn calories by consistently moving – high/low intensity movement focusing on cardio, core, balance, and coordination.

Gentle Hatha Yoga: Will lengthen and strengthen the muscles, tendons and ligaments. It will also calm the nerves by focusing on the breath. It is for EVERYONE who wants to learn the basics from the ground up or just feel wonderful

Hatha Yoga: “Hatha yoga” is the physical practice of yoga. Most styles of yoga fall under this umbrella. Students will learn various breathing exercises and postures that begin to open the body, generate energy & promote focus and balance within the body
Hot 26: This class will use the traditional 26 hot yoga poses taught sequentially. Build strength, flexibility, balance and focus in this challenging class. Come get your sweat on! Previous yoga experience is highly recommended. Temperatures are set at 105 degrees.

Hot Ballet Sculpt: This is a fusion class combining weight training, ballet, Pilates and orthopedic stretching. This class is what you love in our Ballet Sculpt but in a 95 degree heated room.

Hot Hatha: This all-levels class utilizes a set sequence of poses designed to strengthen, lengthen, and improve balance. This detoxifying mixture of poses will be both challenging and relaxing as they heal and transform. Created as a moving meditation, you improved spinal posture and personal connection. Temperatures are set at 105 degrees.

Hot Stretch Therapy: A class focused on stretching the body from head to toe to encourage movement and lengthening. 80-85 degree heated room.

Beginner Hot Vinyasa: In this slower, more alignment-based practice, students will get used to the heat and humidity, and experience a fluid deep practice. Temperatures are set at 85 degrees.

Hot Vinyasa: Do you love vinyasa in a temperate room? You'll love vinyasa in our heated space! Creative and fluid sequences will lead your body to a stronger, more flexible and grounded place. Temperatures are set at 95 degrees.

Hot Vinyasa Fusion: This class combines the best of both worlds. Some hot 26 postures will be taught as well as some fluid vinyasa sequences. This class will help you build strength, flexibility and balance. Temperatures are set at 95 degrees.

Hot Yoga Sculpt: This intense but easy to follow athletic practice will utilize small hand weights within the postures to help you get stronger. Prepare to enjoy this fluid, challenging class. Temperatures are set at 95 degrees.

Liquid Fit: Don't let the water fool you! This high intensity, low impact workout uses dumbbells, Gymstick™, Hydrotone, and noodles to increase resistance, and tone entire body.

NIA: Nia tones your body while transforming your mind, by combining 52 simple dance moves with martial arts and mindfulness. Come discover how much fun moving can be!

Pilates Mat: This class focuses on the classical repertoire of Joseph H. Pilates' principles. Participants of all levels will benefit from core and stability training with enhanced breathing techniques.

Pound®: Lights Down, Music Up! It's time to POUND! Channel your inner rock star in this fun cardio interval jam session by using drum sticks to provide a challenging, heart-pumping workout.

Power Core: A 30 minute intense workout focused on strengthening the core.

Power Sculpt: High intensity, short duration intervals combining power movement and strength training used to define all major muscle groups of the body. Includes the use of weights, bands, balls, glide discs, BOSUs and steps.

Punch Kick Athletics: If you want to get stronger, feel empowered, or just burn a lot of calories, this is the class for you! Cardio kickboxing drills that blend martial arts are used to increase aerobic endurance and burn calories.

Restorative Yoga: Come enjoy this restful practice and restore balance & peace in your life.

Restore & Repair: This class is a relaxing and very thorough stretch program that combines deep breathing, spinal twists, and hip and shoulder openers to bring better flexibility to your low back, hips, legs and upper body. Perfect for all levels of fitness.

Ski Conditioning: Signature class for anyone wanting a total body, multi-directional workout to help you get conditioned and ready to tackle any winter sport Colorado has to offer.

Step Revival: Blast from the past! Get your leg warmers out for this Step Aerobics class! Use 1-2-3 risers, or zero, it's up to you. No matter what you'll get a great workout.

Stretch Therapy: A class focused on stretching the body from head to toe so movement and lengthening can occur more fluidly.

Tabata Combo: High Intensity :20/:10 intervals, followed by strength training with heavy weights.

Tabata Express: A High Intense Interval Training workout :20/:10, that may or may not include weights.

Tai Chi: Generating and circulating vital energy, a life force that is harnessed within, Tai Chi is a gentle flow that improves circulation and increases energy through slow movements done with precise focus that promotes stability and relaxation.

Tai Chi Forms: Noted for its slow, graceful and carefully structured movements, Tai Chi was designed by Chinese martial arts masters to improve balance, strength and flexibility. This workshop introduces the 24 Yang Style Forms

Taijijit: This Class uses less complex footwork and choreography than Tai Chi and can incorporate hand weights for greater cardiovascular and muscle toning benefits, while still retaining benefits associated with Tai Chi such as improved balance, flexibility, stress reduction and pain management.

Treadmill Trekking: Kick up your metabolism as an instructor guides you through a high-energy interval sets and energizing music. All levels welcome.

TRX: Join us in the Elevation Studio for a total body workout utilizing the TRX straps to encourage increased muscle activation and stabilization. **Class space is limited** to 12, so please sign up online. **Starts May 7.**

Vinyasa/Nidra: Our Vinyasa yoga class with the added benefit of a Nidra (a systematic form of guided 30 min meditation) following the asana movements.

Vinyasa Yoga: An emphasis is placed on awakening awareness of the subtle flow of energy, breath, and attention. Similar to Power Yoga, these aspects together will build physical & mental stamina and strength - meditation in motion

Wellness Meditation: In this class you will learn mindfulness techniques to manage stress, experience greater peace and create overall well-being. All levels of experience welcome, from the novice to the veteran practitioner

Yah Hi/Lo: A fun-filled low impact aerobics class which includes cardio, toning, and abdominal work. A total body workout!

YAH Pilates Ball: This class develops Pilates muscles. Participants of all levels will work on length, strength and balance using rings, bands & balls

YAH Total Body Fusion: When it comes to your fitness/wellness, this class will teach you the fundamental elements of “Fitness is a Lifestyle” – Strength, Endurance, Flexibility, & Balance are challenged.

YAH YogaBasics: A level 1 yoga class designed for those new to the practice of yoga and those looking to deepen their alignment skills.

Yin Yoga: This is a calming practice appropriate for all levels. Yin targets the fascia and connective tissues in the hips, groin, spine and shoulders. Postures are held in a relaxed state for up to 5 minutes. All postures are on the floor.

Yoga Sculpt: This intense but easy to follow athletic practice will utilize small hand weights within the postures to help you get stronger. Prepare to enjoy this fluid, challenging class.

Zumba: Features Latin rhythms with red-hot international dance steps set to traditional cumbia, salsa, samba, reggae, and merengue music.